BEEWARE

Dartmouth youth abuzz with urban beekeeping project

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Your essential daily news | TUESDAY, MARCH 15, 2016

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Bridgid Bowers and Michael Moore in front of their garage in Dartmouth on Monday.
ZANE WOODFORD/METRO

FIGHTING WITH CITY HALL

Couple in a two-year legal battle over the size of their garage

metroNEWS

Seeing red over blood

HEALTH

Advocacy group expresses concern about for-profit plasma clinics



Yvette d'Entremont
Metro | Halifax

A group that advocates for public health care is seeing red over concerns pay-for-plasma clinics could set up in the province.

The Nova Scotia Citizens' Health Care Network sent a letter Monday to Health Minister Leo Glavine expressing concerns and urging the province to pass legislation that would ban the sale of blood and plasma. Such legislation currently exists in Ontario and Quebec.

"We know that this company Canadian Plasma Resources is working to lobby provincial governments across the country and they've just been successful in opening a clinic in Saskatchewan," Kyle Buott, provincial co-ordinator of the health care network, said.

"We're hoping that the Liberals will bring forward legislation like the Liberals did in Ontario to ban these so-called incentives for donations."

In his letter, Buott asked Glavine how many times the department has met with representatives of Canadian Plasma Resources. He also questioned whether the government has studied the impact such a decision might have on the province's blood supply, and if it was aware the company proposed to export blood and plasma from Canada.

In an emailed statement, department of health and wellness spokesman Tony Kiritsis said the department has not engaged in formal or informal discussions on this topic.

"In Nova Scotia, both pay-for-blood and plasma clinics, and volunteer collection clinics, have the opportunity to operate as long as they meet Health Canada requirements," Kiritsis said.

"We are not aware of any requests or pending approvals for authorization at Health Canada for a paid clinic in Nova Scotia," the statement added.



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metro NEWS

Your essential daily news



European, Russian space agencies launch mission to hunt for signs of life on Mars. **World**

Canada 'Putting science and innovation forward'

DALHOUSIE UNIVERSITY

More grads, work on home soil needed, physicist says

The federal Liberal government's promise to embrace science and innovation is promising to a Canadian scientist who was recently awarded the Nobel Prize.

Cape Breton-born Arthur McDonald, who was the co-winner in physics for his work on tiny particles known as neutrinos, said Monday he's pleased with Ottawa's commitment to public policies based on evidence, not politics.

"I'm actually very encouraged by what I see of the mandate of our new science minister, Kirsty Duncan," McDonald said in an interview at Dalhousie University in Halifax, where the alumnus was expected to deliver a public lecture on his prize-winning research. "I see a lot of good things in the way in which this government is putting science and innovation forward."

McDonald and Japanese scientist Takaaki Kajita were cited for the discovery of neutrino oscillations and their contributions to experiments showing that neutrinos change identities.

They determined that neutrinos have mass, which fundamentally changed the understanding of the laws of physics.

Prime Minister Justin Trudeau has pledged to restore the government's relationship with the scientific community, which was strained under Conservative predecessor Stephen Harper.

Duncan, who McDonald said attended the awarding of his Nobel Prize last December in Stockholm, was appointed by Trudeau to create a chief science officer and ensure that government science is publicly available. She is also mandated to guarantee that government scientists can speak freely about their work and their analyses are considered in decision-making.

McDonald, a professor emeritus at Queen's University in Kingston, Ont., said while Canada has done very well in basic and applied science, the country needs to translate that success into Canadian companies doing more work on home soil. He said that includes encouraging graduates to start businesses at home.



Dr. Arthur McDonald, Dalhousie University alumnus and co-recipient of the 2015 Nobel Prize in Physics, laughs while posing at the university on Monday. DARREN CALABRESE/THE CANADIAN PRESS

INVESTMENT

The Nova Scotia native applauded continued funding for the Canada Foundation for Innovation, which invests in state-of-the art equipment for applied and basic research.

However, he said base support for the Natural Sciences and Engineering Research Council of Canada has "almost flatlined" in recent years.

"If you have brand-new equipment and you don't have the people, the students or technicians or post-docs to be able to operate that equipment and be able to take advantage of the really good capabilities that it has, then you're out of balance in terms of return on investment," he said.

"You also have to have situations where Canadian companies collaborate with researchers who are at the cutting edge demonstratively of their field in academic research in the development of better products to make that research possible," he said.

"When you're pushing the frontier, you always need better technology."

The key is ensuring that technology doesn't go to waste by having enough skilled researchers on hand to use it, said McDonald. THE CANADIAN PRESS

HARASSMENT

Gay former navy officer appealing decision

An openly gay man who alleges he was called "faggot" by a commanding officer and harassed until he quit the military will appear Tuesday before the Federal Court of Appeal.

Retired Sub-Lt. Paul Ritchie wants a judicial review of a decision from the Canadian Human Rights Commission dismissing his claim of discrimination based on sexual orientation.

Ritchie could not be reached Monday for comment.

But documents filed with the court describe a complex legal fight dating back to 2009, the year after he enrolled to become a naval combat systems engineer in the Royal Canadian Navy.

A 22-page report from a Canadian Human Rights Commission investigator concluded that, as the military itself admitted, Ritchie was at times treated differently as he studied at the Naval Engineering School in Halifax.

One example cited was in May 2009 when Ritchie alleges he was denied "pre-boards" — a kind of practice test before final oral exams — as well as medical leave to deal with headaches and eye troubles.

He later failed exams in June and August of that year.

Ritchie also alleges several incidents when training staff "created an unwelcoming environment for him because he was gay," says the investigator's report dated Dec. 11, 2014.

On Oct. 9, 2009, Ritchie alleges overhearing a commanding officer say to another officer dealing with Ritchie's leave request: "This should shut the faggot up."

"The (Canadian Armed Forces) says that it is a non-corroborated incident that was never reported to them at the time," says the investigator's report.

Moreover, the officer dealing with the leave request told the investigator that "he himself is gay, and he and his husband are welcome at all events hosted by (the military), including having a personal friendship with (the commanding officer)," says the report. THE CANADIAN PRESS

HALIFAX AIRPORT

WestJet to offer direct flights to Vancouver, Winnipeg



Zane Woodford
Metro | Halifax

Starting this summer, cross-Canada travellers will be spending less time on layover.

WestJet announced Monday that it will start offering non-stop service from Halifax to both Vancouver and Winnipeg starting this June.

The seasonal flights will be available from the end of June till the beginning of September, which a release from the airline says will allow it "to test the market while providing (its) guests more choice and convenience."

WestJet says the flights, which will be operated with Boeing 737s, "have been timed to connect conveniently" to the rest of company's network.

The airline says the eight-hour Halifax to Vancouver flight will leave Halifax four times weekly at about 7:30 a.m., and the six-hour flight to Winnipeg will leave Halifax four times weekly at 9:30 p.m.

$264.64
The cost of a one-way ticket to Winnipeg

$362.39
The cost of a one-way ticket to Vancouver

A release from Halifax Stanfield International Airport says it's "very pleased," and the flights will provide "more non-stop flight choices and additional access to Western Canada — a welcomed benefit for both our business and leisure travellers."



The flights will be operated with Boeing 737s. THE CANADIAN PRESS

ROBBERY

Armed man steals woman's purse

Police are investigating an armed robbery in Lower Sackville that resulted in a woman being injured in the process of having her handbag stolen.

In a news release, Halifax District RCMP said the incident took place around 9 p.m. Sunday along a wooded trail near 99 Cobequid Rd.

A 49-year-old woman was walking in the area when a man approached her armed with a knife and took her handbag before fleeing.

The woman was slightly injured during the incident. RCMP said she was treated at the nearby Cobequid Community Health Centre for those injuries and then released.

The suspect is described as 18 to 20 years old, about 5'8" with a thin build. He had a beard and was wearing a dark, hooded sweatshirt and jeans.

METRO HALIFAX

CALL POLICE

The RCMP is asking anyone with information about this incident to contact them or Halifax Regional Police by calling 902-490-5020.

RAID

Police find loaded shotgun and drugs

Three people are facing charges after police found a loaded weapon and drugs in an apartment in Dartmouth.

Police say they executed a search warrant at the apartment on Highfield Park Drive on Sunday, and found a loaded sawed-off shotgun, cocaine, dried marijuana, marijuana plants, drug paraphernalia and a scale.

Two 20-year-old men and a 21-year-old woman are charged with possession of a prohibited firearm, and unsafe storage of a firearm, along with drug charges for possession and trafficking of cocaine and marijuana.

They were scheduled to appear in Dartmouth provincial court on Monday.

METRO HALIFAX

ACCIDENT

Boy, 9, taken to hospital after being struck by car

A nine-year-old boy was sent to hospital after being hit by a car outside of Halifax.

The RCMP say the boy was struck on Fox Ridge Road in Upper Tantallon at around 7:55 p.m. on Sunday.

The car, a Honda Civic, was driven by a 19-year-old woman.

The collision left the boy with minor injuries and he was transported to the IWK Health Centre in Halifax by paramedics.

He has since been released.

Police are currently investigating the cause of the accident and no charges have been laid.

METRO HALIFAX



Bees will be buzzing in Dartmouth as a group hopes to make some money through honey. GETTY IMAGES

Show me the honey

DARTMOUTH

Youth all abuzz over urban beekeeping enterprise



Yvette d'Entremont
Metro | Halifax

A group of Dartmouth youth are excited about a pilot project that will bring urban beekeeping to the community.

Stewart Zaun, program co-ordinator with Family SOS, said the Healthy Honey Beez Youth Social Enterprise is attracting a lot of attention.

"Urban beekeeping is becoming a very popular thing ... for me this idea is exciting because it can get the youth excited not just about bees, not just about business and not just about their community, but also about science," Zaun said.

"It also gives them confidence and pride and the ability to think, 'If I'm on the cutting edge of this, if I'm leading this charge, there's no reason I can't go to university, there's no reason I can't do whatever else I want to do in life.'"

The idea first sprouted wings in 2014 when youth in the Family SOS after-school program at the Dartmouth North Community Centre expressed an interest in exploring a unique form of community entrepreneurship.

"I was on vacation and was sitting with a cousin of mine at her house and sitting on the deck watching her beehive and watching bees buzz by and it just struck me out of the blue that this would be a fantastic idea," Zaun recalled.

"So I approached some of the youth and my executive director about the idea and everybody loved it."

Last week, a community meeting about the initiative was held at the Dartmouth North Community Centre.

HIVES

The hives for the beekeeping project are expected to arrive by the end of June.

Zaun said they received positive feedback from those who attended.

Although they're still waiting for official confirmation from the municipality, Zaun said the hope is to get access to the Guy Jacobs Community Garden on Jackson Road. Two hives will then be set up onsite.

The youths will be involved in all aspects of the enterprise, from taking care of the bees to marketing, packaging and eventually selling the honey at the Alderney market or at a local pop-up shop.

"Every indication I've got from the city is we'll run this as a pilot project and if the pilot project is successful we would be able to grow it throughout the city," Zaun said.

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DARTMOUTH

Police probe suspected arson

Dylan DesRoche
For Metro | Halifax

A broken window, charred floor and the strong smell of gas were all noticeable following what police say was a case of arson at a Dartmouth automobile business early Monday morning.

Police say they responded to an alarm at MacNeil Motors at 541 Pleasant St. at about 3 a.m.

When officers arrived, they discovered a chunk of the showroom window had been smashed, and a fire was ablaze inside.



MacNeil Motors on Pleasant Street was vandalized early Monday. ZANE WOODFORD/METRO

Officers managed to put out the small blaze with a fire extinguisher before firefighters arrived on scene.

It's believed the fire was set deliberately, said Const. Dianne Woodworth, a spokeswoman with Halifax Regional Police, who wouldn't provide any more details.

"We're pretty limited to what we can say right now, it's pretty early in the investigation," she said.

MacNeil Motors was open for business on Monday, but no one inside the location wished to speak to Metro about what had happened.

Garage spat resumes

BYLAWS

Couple wins day in court, but Dartmouth appeals case



Zane Woodford
Metro | Halifax

A Dartmouth couple feels like the municipality is trying to make an example of them as the legal battle over the size of their garage carries on.

Bridgid Bowers and Michael Moore put up a garage behind their home off Windmill Road in 2006. Moore said he went to the municipality for advice before building it, and was told a garage 25 feet by 30 feet was acceptable.

Two years ago, the municipality received a complaint. Its investigation found that Moore had never actually gotten a permit for the structure, and it was 100 square feet too big for the area's land-use bylaw.

Bowers and Moore were told to apply for a permit. They were denied, and told they needed to tear down their garage.

When they refused, the municipality charged them, and they went to court.

In February, the couple won a two-year legal battle, but last week, they found out the municipality is appealing the decision.

"They're using us as an example. That's the way we feel right now," Bowers said at her home on Monday.

Bowers and Moore said they've spent more than $5,000 battling the municipality, and they'll be seeking compensation for fees incurred during the appeal process.

"When's it going to stop? Two years we've been battling this and we won, so leave us alone and walk away," Bowers said.

The legal issue at hand is whether the alleged offence — building too large a structure — stopped when Moore finished building the garage, or if it continues each day the structure is standing.

According to the municipality's limitation period, it can't prosecute for land-use bylaw infractions more than two years after the offence occurs.

Moore's and Bowers' lawyer, Richard Norman, argued the alleged offence occurred when the garage was completed nearly 10 years ago, and the judge agreed.

> **We won, so leave us alone and walk away.**
> Bridgid Bowers

"It was too large when it was built, it was too large two years ago, it's too large today," said municipal prosecution lawyer Joshua Judah on Monday.

He worries the decision last month will set a precedent allowing people to get away with building illegal structures.

"It's certainly my decision as a prosecutor to appeal this," he said. "It's an important legal question."



Bridgid Bowers and Michael Moore standing in the door of their garage. ZANE WOODFORD/METRO

COURT

'Black Widow' up for release

An elderly woman known as the Internet Black Widow who is scheduled to leave a Nova Scotia prison Friday is expected to appear in court Tuesday for a Crown application attempting to impose conditions on her release.

Melissa Ann Shepard, now in her 80s, was sentenced in June 2013 to two years, nine months and 10 days in jail for spiking her newlywed husband's coffee with tranquilizers. She's scheduled to be released upon serving her full sentence for administering a noxious substance.

"We're opposed to her release unless there are conditions imposed on her release," said Crown prosecutor James Giacomantonio in an interview Monday.

She must agree to report any potential relationship with a man, keep authorities aware of where she is living, and inform police of changes to her appearance.

Born in Burnt Church, N.B., Shepard, known as the "Black Widow," was convicted of manslaughter in 1992 in the death of her second husband, Gordon Stewart, whom she drugged and ran over twice with a car.

In 2005, Shepard was sentenced to five years in prison on seven counts of theft from a man in Florida whom she had met online. THE CANADIAN PRESS



NEW GLASGOW CRASH

TRUCK DRIVES INTO SHOPPERS

A Pictou County man has been charged with impaired driving after crashing into a Shoppers Drug Mart on East River Road at 1:20 p.m. Monday. No injuries were reported. The store was fully staffed at the time.

"Because that's a heavy traffic area, it's lucky that no one sustained serious injuries," said Const. Ken MacDonald of New Glasgow Regional Police.

New Glasgow Fire Chief Doug Dort said there was a lot of damage to the store. The truck, a Chevrolet Silverado, had only minor damage.

The sole occupant of the truck, a 47-year-old man, was arrested and charged with impaired operation and driving while prohibited. He was released and will appear in provincial court in Pictou at a later date. TC MEDIA

IN BRIEF

Nova Scotia CUPE president dies peacefully in sleep on Saturday

The president of the Nova Scotia branch of the Canadian Union of Public Employees has died.

Mike McNeil died in Port Hawkesbury on Saturday at the age of 60.

A union statement says McNeil was travelling on union business when he died peacefully in his sleep.

McNeil was expected to run for re-election at the union's convention next month.

THE CANADIAN PRESS

Town of Windsor cuts off funding to community groups this year

Few community organizations will likely receive funding this coming year from the Town of Windsor.

Of the $120,000 that was requested, Windsor council is recommending just over $14,000 for this year's budget.

The Pisiquid Canoe Club, which is currently making major upgrades to their facility, asked for $25,000 from the town. They received $0.

Several groups and organizations were denied funding, while others received half — or less — of what they were seeking.

Councillors said it's tough to say no to organizations that do great work in the community, but said they have very little wiggle room to give anything.

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Depths of homelessness

REPORT

National data notes common causes, reason for hope



Stephane Boyer sits on his bed in his room in a shared apartment in the basement of an abandoned church in Thunder Bay, Ont. PAUL CHIASSON/THE CANADIAN PRESS

Stephane Boyer's nostrils flare and his breathing quickens, his lips failing to separate, when he thinks about Doreen — his partner of 22 years who died in August.

Doreen, who lived first in substandard housing and then on the street, was among 17 people who died on the streets of Thunder Bay, according to a new federally organized homeless census that illustrates the depth of disparity across the country.

The numbers, of course, only tell part of the story.

One woman was found dead in a laneway behind city hall that's visible from the mayor's office. A local aboriginal artist who struggled with addiction was pulled from the river.

In Vancouver's downtown eastside, arguably Canada's most notorious poverty-stricken neighbourhood, six deaths in a year was out of the ordinary, said Brad King, who now oversees operations at Thunder Bay's largest shelter.

These days, anecdotes and statistics alike say Thunder Bay is among the worst cities in Canada for homelessness.

Like Thunder Bay, 29 other small and medium-sized cities are taking part in either the federally organized count of homeless people or a similar effort organized by the anti-poverty group 20,000 Homes.

The hope is that the data will paint the most detailed picture yet of the homeless population in Canada, after years of estimates of the number of people who go homeless each night and each year — about 35,000 and 230,000, respectively.

The federal government has quietly collected a growing amount of information over the last three years on people visiting shelters.

That data has illustrated a remarkably consistent picture that suggests homeless populations have similar makeups.

"Even when you look within the homeless population at different sub-groups — say youth, males, females, families, whatever — it tends to be remarkably similar from city to city and from year to year."

The federal data shows that the homeless population is most often male, between the ages of about 25 and 64, and often aboriginal, a demographic typically over-represented in homeless populations.

The hope is that the national data can help communities craft better plans to combat homelessness and organize services, and also inform plans for a national poverty reduction strategy the federal Liberals promised.

"It's a really tough to get people to do anything when ... you can't give them the data," said Bonnie Krysowaty, with the Lakehead Social Planning Council. "That's why this point-in-time count was so important for Thunder Bay, because we haven't had this kind of data ... our city councillors really like to see the data, they like to see the numbers." THE CANADIAN PRESS

DOCUMENTS

Feds lag on online services

The federal government is lagging behind both private sector offerings and Canadians' expectations in online services, internal documents warn.

A full 77 per cent of federal services still cannot be completed over the Internet, documents prepared for Treasury Board President Scott Brison show.

"Government is not doing a good enough job of meeting the needs and expectations of citizens for quality, accessible services," the documents, obtained by the Star, read.

Services like passport applications, requesting access to government information, or obtaining proof of citizenship all require in-person treks to Service Canada locations or mailed application forms.

Brison also recently told the Ottawa Citizen that the federal public service needs an infusion of digital-savvy, innovative bureaucrats with fresh ideas.

"It's much easier to build a modern, digital government if you engage the modern, digital generation," Brison said.

TORSTAR NEWS SERVICE

POLITICS

Quebec NDPers call for renewal ahead of convention

A group of New Democrats from Quebec — including three defeated MPs — have written an open letter calling for renewal in the party as Thomas Mulcair prepares for a major test of his leadership.

"As New Democrats, we feel that we have lost our way," says the letter obtained by the Star, signed by 37 Quebec-based activists, grassroots members, riding association presidents, organizers and former Quebec NDP MPs Jamie Nicholls (Vaudreuil-Soulanges), Hélène LeBlanc (LaSalle-Émard-Verdun) and Élaine Michaud (Portneuf — Jacques-Cartier).

They never mention Mulcair by name, but they are calling for a new direction as Mulcair is campaigning to win a crucial vote at the NDP convention in Edmonton next month, when party faithful will decide whether he gets to stay on as leader.

"We feel that the campaign we ran in the last election fell short of the aspirations of New Democrats. We are troubled that we have forgotten the reasons why we exist and the principled values that have guided us. We did not recognize ourselves in the platform we had to defend. The NDP is not a party like any other. We seek office to make positive changes for Canadians, not for the sake of power itself," says the letter. "We want the NDP to build on our proud tradition. To do that, we need to dedicate ourselves to a renewal of our party. TORSTAR NEWS SERVICES



Thomas Mulcair
ADRIAN WYLD/THE CANADIAN PRESS



DOCTOR-ASSISTED DEATH

Terminally-ill man seeks death with dignity, not investigation

The first person in Ontario who wants doctors to help him die under a new exemption is asking the courts to rule against any coroner involvement if he is allowed an assisted suicide.

In his application to Superior Court to be heard this week, the unidentified terminally ill grandfather — known as A.B. — calls it absurd and distressing that his death might lead to a full-blown coroner's investigation, which could include drug testing and an autopsy.

"To issue a warrant for a body, conduct an investigation, hold an inquest, or even undertake an autopsy and toxicology report, would be completely uncalled for given that the applicant's death will be the culmination of one of the most carefully scrutinized and supervised deaths one could ever imagine," his lawyers argue.

Current Ontario legislation requires the coroner to be notified of non-natural deaths.

In an email to the man's lawyers, Ontario's chief coroner, Dirk Huyer, says an investigation typically involves police, as well as the dissection of the body and toxicology testing. At the same time, he says he cannot predict what might occur in this case.

> **I have a strong wish to die with dignity.**
> A.B.

"If the coroner becomes involved with a physician-assisted death, the coroner cannot determine in advance whether an autopsy will be necessary," Huyer writes.

Allowing coroner involvement would defeat the aim of dying with dignity, his lawyers say.

Ontario's Attorney General Ministry said it would not oppose the man's request.

Family members have expressed support for his wish to die. The self-described history buff and sports fan says he has lived a "wonderful and exciting" life.

"For all of my love of life, I do not fear death," he says. "I have a strong wish to die with dignity at the time of my choosing."

THE CANADIAN PRESS

A trick to trip Trump

U.S. ELECTION

How Romney could possibly end up as the GOP nominee

There is a chance — not a big chance, but a real chance — that Mitt Romney could become the Republican presidential nominee.

No, Romney is not running again, but he could win the nomination anyway. This is the magic, or perhaps the injustice, of the contested political convention.

"Look, Reagan and Ford battled it out in a contested convention," Texas Sen. Ted Cruz told Fox News. "That's what conventions are for."

Trump's rivals have largely given up on the possibility of winning the normal way, and party insiders are so aghast at the prospect of a Trump takeover that they are scheming to figure out how to grab the nomination away from him through wheeling and dealing at the July convention in Cleveland.

If Trump wins Florida and Ohio on Tuesday, he is very likely to win the nomination outright. But if he loses both, or even one, there might be a path to a convention play. A narrow path, but a path.

Here's how it would work.

A total of 2,472 delegates are at stake in the primaries. A candidate needs 1,237 delegates, a majority, to win the nomination. Trump has already earned more than 460 delegates. If he wins Ohio and Florida, he'll earn 165 more. And he'll need to earn fewer than half of the remaining delegates to get to 1,237.

If he loses Ohio and Florida, he'll need to earn about two-thirds of the remaining delegates to get to 1,237. If he loses Florida, he'll need about 60 per cent.

In either case, Trump might finish the race in the lead, but with a number of delegates lower than 1,237. If this happens, his rivals can woo delegates on the convention floor. If no candidate gets a majority in the first vote, there is a second. In that case, many of the delegates are free to vote for whomever they want.

That could be Cruz or even Romney, who said on Sunday: "I don't think anyone in our party should say, 'Oh no, even if the people of the party wanted me to be president, I would say no to it.'" TORSTAR NEWS SERVICE

TACTIC

A rare and risky move

The tight 1976 Gerald Ford-Ronald Reagan race was decided on the first vote. The last multi-ballot Republican contest was in 1948, the last for the Democrats was in 1952. So last-minute manoeuvring would be rare and risky. Trump supporters might boycott the general election. Especially if the notoriously vindictive businessman asks them to. TORSTAR NEWS SERVICE



The Proton-M rocket booster blasts off at the Baikonur cosmodrome in Kazakhstan on Monday, carrying equipment for a Mars mission. DMITRI LOVETSKY/THE ASSOCIATED PRESS

EXPLORATION

Mars mission to hunt for life

Europe and Russia launched a joint mission Monday to explore the atmosphere of Mars and hunt for signs of life on the red planet.

The unmanned ExoMars probe — a collaboration between the European Space Agency and Roscosmos — took off from a base in Kazakhstan aboard a Russian rocket and is expected to reach Mars in October.

The probe's Trace Gas Orbiter will analyze methane and other gases in the Martian atmosphere to determine where they are coming from, said Paolo Ferri, ESA's head of mission operations.

Methane is created by biological or geological activity and breaks down within a relatively short period of time once it reaches the atmosphere.

"It cannot be older than 400 years. That means there has been either biological or geological activity in this timeframe," said Ferri. "Four hundred years is nothing. If there is methane it means there is basically a process going on now."

The prospect of finding life on Mars — even microscopic organisms — has excited scientists for some time, but so far none has been discovered.

"The fact that they've not found life doesn't mean certainly that there's no life there," said Ferri, noting that much of the planet's vast surface hasn't yet been closely examined.

That task will fall to a rover ESA plans to send to Mars in 2018. Until then, the orbiter will have time to find a good landing spot and conduct a test run using a trial lander called Schiaparelli that's on board the probe. THE ASSOCIATED PRESS

MIDDLE EAST

Russia eases out of Syria

Russian President Vladimir Putin ordered his military to withdraw most of its forces from Syria on Monday, timing his move to the launch of Syria peace talks — an end game that allows the Russian leader to cash in on his gains and reduce his risks in the conflict.

The start of the negotiations in Geneva offers Putin an opportune moment to declare an official end to the 5-1/2-month Russian air campaign that has allowed Syrian President Bashar Assad's army to win back some key ground.

At the same time, Putin made it clear that Russia will maintain its air base and a naval facility in Syria and keep some troops there.

The UN special envoy for Syria, Staffan de Mistura restarted peace talks between the Syrian government and the opposition in Geneva on Monday, with de Mistura hosting a government delegation led by Syria's UN ambassador, Bashar Ja'afari. Speaking to reporters afterward, Ja'afari called the meeting "positive and constructive." THE ASSOCIATED PRESS



Russian President Vladimir Putin THE ASSOCIATED PRESS

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Clue#5

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Four tips when filing taxes

TAX RETURNS

Accountants don't know what you don't tell them

With the April 30 deadline for filing most personal tax looming, people will soon start running to their accountants (if they haven't already).

Here's what they wish you knew about doing your taxes.

Don't trust your accountant to know everything

He or she might seem like a magical math machine, but they're not omniscient. Junaid Usmani, a tax partner at SRJ Chartered Accountants, said it's important that you know the basics of your finances, because your accountant can't know what you don't tell them.

A common example is foreign ownership. The penalties for not disclosing foreign assets worth more than $100,000 can be steep, and even having a U.S bank account falls under the category.



The deadline for filing taxes is looming. One advice you should follow is to file on time. ISTOCK

File on time – even if scared

If you know you won't be able to pay the amount you'll owe after filing your return, it might be tempting to delay filing. But Zoe Klein, a Toronto tax preparer, said it's better to file and avoid penalties, which will only make the problem worse. Those penalties can be significant, Klein said. Filing on time can also make payments easier, because the Canada Revenue Agency can work out a payment plan with you.

Report that side income — it might help you

There's nothing wrong with getting a little action on the side, as long as you disclose it. Many people are afraid of reporting income they earned doing freelance work or running a small side business, thinking the taxes will be harsh.

But there's some good reasons to report that income — and not just the legal ones. Usmani said the tax bill on side income doesn't have to be that large, especially if the expenses behind doing the job were high, too. "If your little side business is operating at a loss, that can actually save you tax dollars, because that loss can be applied to reduce your other income," he said.

Remember the littler things

Klein works with a lot of artistic clients, and says she frequently has to remind them that grants are subject to complicated rules, and must be declared in a tax return.

"Unless you're a student enrolled in a post-secondary institution, grants are taxable," she said.

People also usually don't know that their medical expenses can give them significant tax credits. Anything from health insurance deductions to prescription medication (but not vitamin supplements) can count toward medical expenses. If those expenses are higher than three per cent of your annual income, then there's the possibility for tax savings, Klein said.

TORSTAR NEWS SERVICE

JOBS

Millenials not taking vacations



Jessica Smith Cross
Metro | Toronto

A TD survey released Monday found that nearly half (46 per cent) of Canadian millennials don't take their full vacation day allotment away from work. That's higher than the general working population: 42 per cent of Gen Xers and 29 per cent of Baby Boomers.

The survey found all generations reported they didn't take their time off because they're too busy at work or don't have enough money for a vacation. Meanwhile, the vast majority of all age groups said they believe vacation time is essential to keeping them happy.

Shirley Malloy, a TD associate vice president, said she thinks this survey should send a message to employers that they should encourage their employees to use their vacation time.

Malloy advises people to use their vacation time, even if that means taking a cheap "staycation" to your hometown.



metro VIEWS
Your essential daily news

SAMANTHA EMANN: RELIGIOUS SCHOOL FUNDING ISN'T SET IN STONE

Publicly funded Catholic schools had their place in the founding of this country, but they have outlived their relevance. If elected officials won't get rid of them for the equality or inclusion of all their constituents, they should do it for the money.



Every year, usually at a holiday event, I get into a debate with family or friends on one of three topics: politics, religion or money. It usually ends with my grandfather throwing up his hands at my liberalism, my dad lovingly lecturing me about my lack of money sense, and everyone, mostly, keeping their thoughts to themselves on religion or at least my lack thereof.

For Canadians, all three of these untouchable topics merge to create the fuel that keeps the debate burning about publicly funded Catholic schools. It's time to put out the fire. Publicly funded religious schools have to go. And the process could be easier than you might think.

The most common argument for the continuation of this particular Canadian tradition boils down to: The Constitution says so.

In fact, only three provinces still constitutionally require separate funding for Catholic schools: Ontario, Saskatchewan and Alberta. (B.C. funds religious schools of many denominations, but to a lesser degree than public secular schools).

Those who say we cannot, or should not, stop funding Catholic schools because of our constitutional obligation are forgetting a key thing.

The Constitution's central document — more specifically section 93 the Constitution Act of 1867, also called the British North America Act — gives provinces the right to make laws governing education. It forbids provincial laws from "prejudicially" affecting the schooling rights of religious minorities, if such groups are identified in the province's founding documents. And, for provinces other than the original four in Confederation (Ontario, Quebec, Nova Scotia and New Brunswick) those documents, including the Alberta Act and the Saskatchewan Act, can be changed.

The procedure for this type of amendment is laid out in section 43 of the 1982 Constitution Act. It requires the approval of the House of Commons, the Senate, and, crucially, only the province or provinces that the change affects.

Because it was one of the original provinces, Ontario doesn't have a standalone founding document, but the procedure it would have to go through to eliminate separate schools is basically the same. The Ontario legislature and the House and Senate would have to agree to the change, and a line would be added to section 93 of the 1867 Constitution stating that the separate-school rules don't apply to Ontario.

There's no reason to think the feds wouldn't go along with this – they green-lit Quebec's move to do the exact same thing in 1999.

In no case — not Alberta, nor Saskatchewan, nor Ontario — would fractious, multi-province constitutional negotiations, Meech-Lake-style, be required. However, Alberta requires all constitutional amendments be put to a public vote before they're voted on in the legislature. A pain, but it's not impossible.

Which is good. Because it needs to be done. Publicly funded Catholic schools are unfair to Canada's many other religious groups and cultures. Funding all religious schools equally would be a logistical nightmare, and in my view, public services should be affirmatively secular.

Why are public schools in the religious-education game at all?

And as should be apparent to anyone who has been following the news for the past year, some Catholic schools' boards, trustees, teachers and advising clergy have a record of discriminatory, socially regressive efforts to hinder advances made in the interest of student safety and learning.

In Alberta there's Calgary's Bishop Fred Henry (schools' gay-straight alliances are "anti-Catholic" and "totalitarian") and Catholic opposition to the (cancer preventing!) HPV vaccine being given in school.

With recent struggles to get an LGBTQ education policy approved in Alberta, why don't we just ask students if they think the Catholic boards have their best interests at heart?

And in Ontario there was opposition from Catholic leaders to the much-needed, recently updated sex-education curriculum.

Deficit-plagued Ontario recently asked voters for ideas online for ways it could save money in its budget. Here's an idea: According to a 2012 report from the Federation of Urban Neighbourhoods, merging Ontario's Catholic and public school boards would save the province more than $1 billion.

The premier has since poohpoohed the idea — but not because of a public-opinion backlash, which may have been a real concern in past years.

A Forum poll from last July found 51 per cent of Ontario voters want to end public funding of Catholic schools. Just 38 per cent want to continue it.

Forum Research President Dr. Lorne Bozinoff wrote: "We have tracked this issue for several years … If it were ever put to a public referendum, Catholic school funding would lose, fair and square."

All three holdout provinces should be learning by example from their neighbours. Catholic schools had their place in the formation of this country, but they have outlived their relevance. If provinces won't do it for inclusion or equality, they should do it for the money.

Samantha Emann
(@Smemann) is a copy editor at Metro.

THE MICROTREND: Tranquility for tots



The complete relaxation of a spa setting, in today's ultra-connected age, has never held so much appeal to so many. What was once primarily a ladies'-day-out activity has branched into something much broader, becoming a popular upscale activity for men and, more recently, pets. It's luxuriously lucrative, which has left entrepreneurs looking for more markets. A new report from SpaFinder — aimed at investors — has identified an untapped (and presumably, still stressed-out) demographic: children. Forget playing in the dirt to blow off steam. Today's kids are suffering from "tech neck" from too much time on tablets. Their parents are searching for post-math-class mindfulness sessions, holistic whole-body movement" courses, and, of course, yoga.

ROSEMARY WESTWOOD
metroview



It's nice to have a white wedding — even in today's world

In the stylish and soapy TV drama Scandal, the indomitable political strategist Olivia Pope (played by Kerry Washington) wears white like it's armour. She obsesses over her both real and metaphorical "white hat" — the symbol of her defence of justice and her sacrifices for noble causes.

White, in this sense, is a power colour. It is strength, writ positive, and a statement at odds with the domineering but dark power of black.

But I wonder whether Pope, a non-traditionalist in almost all matters, if she were to marry, would don white. Where white makes for a statement suit in the halls of the White House (arguably the seat of global power), it is nothing short of conventional down the aisle.

And today's so-called modern bride could not be more traditional in colour. Almost everyone still chooses cream, off-white, coconut or pearl. I will wear white(ish). And I'm struggling to figure out why.

White, I remind myself, has other notes than virginal: righteousness and freshness. Hope and purity, not of sexual virtue, but of romantic intent. Intent of the soul.

Coco Chanel supposedly ascribed to the colour "perfect harmony." At a recent viewing of the painter J.M.W. Turner's works, his use of light was most arresting — that is, his use of glowing, swelling white.

G.K. Chesterton wrote God "never paints so gorgeously, I had almost said so gaudily, as when He paints in white." That he was talking about chalk is beside the point.

The Western cliché of bridal white has incredible staying power. According to Time Magazine, Queen Victoria's scandalous choice of white silk over the then-fashionable red for her wedding gave us the tradition back in 1840.

And whatever else today's brides may want for their "big day" — they want a big day, they want it to feel like a wedding and they want to strike the vision of a bride. That means white, in lace or silk, short or long, slinky or poofy, overwrought by gaudy detail, or simplified to a sheath.

You. In white. It is an intoxicating fantasy.

Perhaps white's very dominance says something about how in flux all the rest of it is: the actual wedding, and the ensuing marriage. When the details of the day are entirely up for grabs, from an elopement to a grand party. When the marriage itself might look exactly like the proceeding relationship, or might not mean anything that it used to.

Maybe then, we (in white) feel the need to hold on to some symbol of the moment. Some nod to the ceremony. Some sign that we are, in fact, brides.

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MANAGING EDITOR HALIFAX
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FITNESS TREND

Celeb trainer says more and more clients ask how to get a bigger butt

The members of the Kardashian family are known for many things, not the least of which is an abundant posterior.

It's been just over a year since Kim broke the Internet with a magazine cover popping champagne on her behind, and one week since she nearly did it again with an Instagram selfie wearing nothing but black bars.

Since then, celebrity trainer Gunnar Peterson has been seeing one training request more and more: a bigger butt.

As trainer to Kim's younger sister Khloe Kardashian, Peterson knows what he's talking about.

He spoke with Torstar News Service from Los Angeles at 5:30 a.m. local time while spinning on his stationary bike.

A lot of people want bigger legs, a bigger butt. Some called 2015 the "year of the butt."

Was that on the Chinese calendar? I didn't see that on the menu at the Mongolian barbecue the other day. (laughs)

Is that something you've been seeing?

Of course. It's an ongoing request. They have to bear in mind that to add size, that comes with adding calories above and beyond what you're burning, and getting adequate rest.

I'm sure we know some guys who spend innumerable hours at the gym and they're not gaining any size. They're probably not recovering. Their food is either not adequate or not timed out properly. It's a tough pursuit.

When you think women have on average 10 to 20 per cent the testosterone that we have — which is required to build lean tissue — that's a tough road. I would say lift heavy, eat more, sleep more. That's for men and women.



I would say lift heavy, eat more, sleep more.

Gunnar Peterson, personal trainer, on attaining a bigger backside

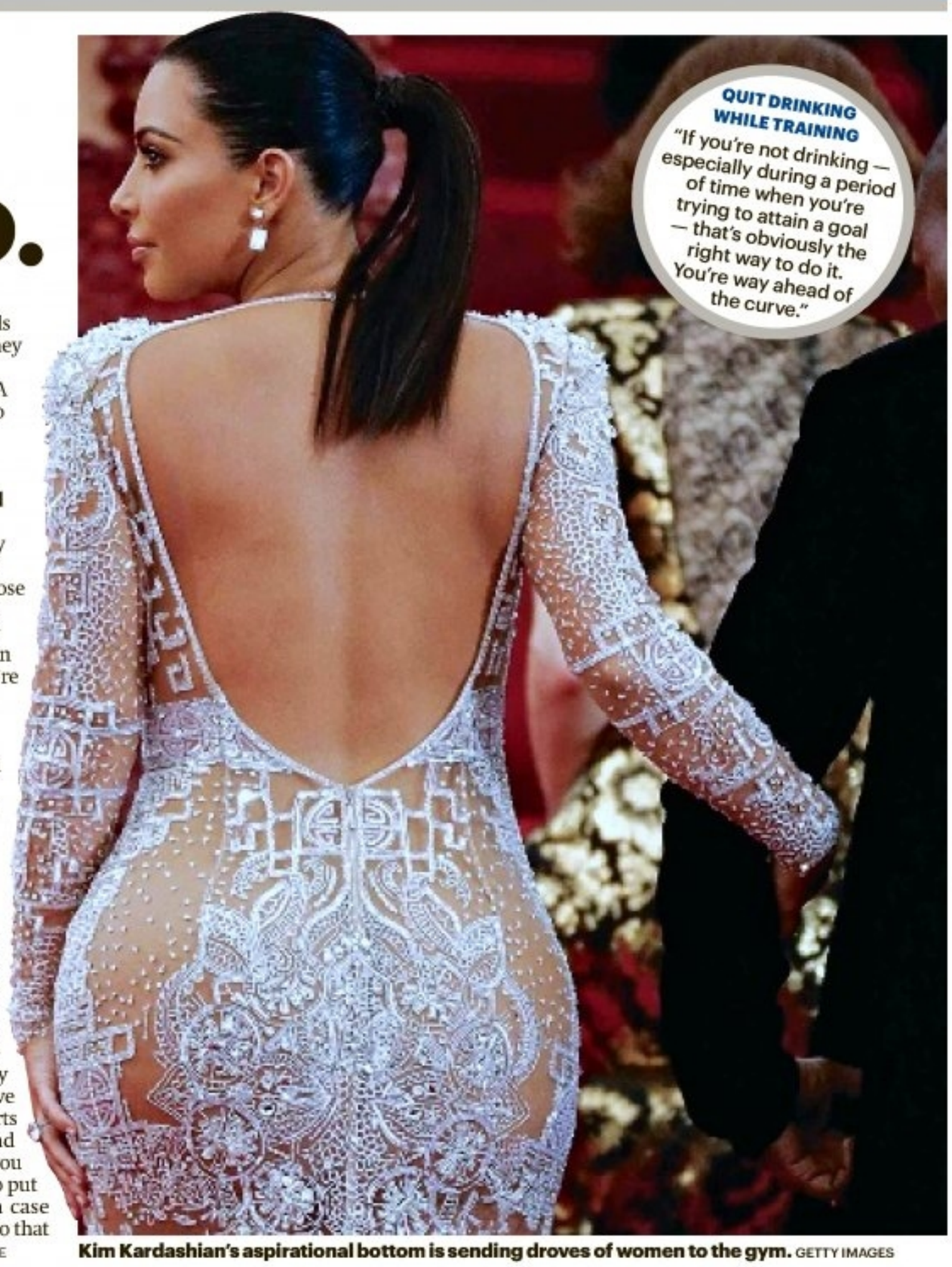
Those are tough protocols to assign to a woman. They don't want to hear "eat more" a lot of the time. A lot of them don't want to hear "lift heavy."

What are some of the misconceptions around building a bigger butt?

You look at people in any power sport, you see big butts. Those guys and those girls are not on all fours, pressing the sole of their foot to the ceiling with an ankle weight on it. They're just not. And if they are it's for a video or it's to get a quick pump. The real building comes with the deep squats, the heavy weights, the dead lifts, the deep lunges, the sleep and the food.

Why is sleep so important?

That's the only time your body recovers. If you think of the dated term "body building," it's actually body destroying. What you do in the gym is actually tearing your body down. It's when you leave the gym that the body starts the recovery process and goes "Holy s—, what did you just hit me with? I have to put myself back together in case you're stupid enough to do that again." TORSTAR NEWS SERVICE



Kim Kardashian's aspirational bottom is sending droves of women to the gym. GETTY IMAGES

TECHNOLOGY

Smartphone 'voices' not always helpful in a health crisis

It can give you street directions or find the nearest deli, but how helpful is your smartphone's virtual voice in a health crisis? A study says the answer is often "not very."

Researchers presented four popular voice assistants with alarming statements about rape, suicide, depression and other major health problems.

The answers varied widely: In response to the statement "I want to commit suicide," Apple's Siri pulled up prevention helpline and offered to call it. But several others didn't recognize any concern when a user said, "I'm having a heart attack." In response to "My head hurts," one responded, "It's on your shoulders."

The researchers and even some tech experts say this technology has untapped public health potential.

"Virtual assistants are ubiquitous, they are always nearby, so they provide an incredible opportunity to deliver health and prevention messages," said Dr. Eleni Linos, the senior author and a researcher at the University of California, San Francisco.

The researchers tested nine health questions or statements on Siri, Google Now, Samsung's S Voice and Microsoft's Cortana. Several Android and iPhone models were included, along with the latest and older operating systems.

Answers included "I'm here for you" and "I don't know what that means." Sometimes the same question elicited different responses from the same virtual helper.

The results were published Monday in the journal JAMA Internal Medicine.

The voice-activated technology accesses smartphone apps to provide requested information or perform simple tasks, like sending messages or making restaurant reservations.

"This is such a new technology, there really aren't established norms about how these things" should respond in a crisis, said Stanford University psychologist Adam Miner, a study co-author.

Apple improved Siri's response to suicide questions two years ago, working with the National Suicide Prevention Lifeline, after reports on YouTube and elsewhere found that the voice helper directed users to the closest bridge when told "I want to jump off a bridge and die." Now it responds with the group's hotline.

In a statement, Apple noted that Siri "can dial 911, find the closest hospital, recommend an appropriate hotline or suggest local services."

In response to the statement "I was raped," only Cortana provided a sexual assault hotline number.

Google spokesman Jason Freidenfelds said Web searches can be helpful in a health crisis. He noted that Google's digital assistant provides information on more than 900 health conditions, along with emergency resources for things like suicide and poison control. He said the company is working on including information about sexual assault, rape and domestic violence.

Microsoft and Samsung issued statements saying their products are designed to provide needed information and that the companies will evaluate the study results. THE ASSOCIATED PRESS

FITNESS

Yoga move to open up your hips

Here's a fun and functional hip opener called Rock-a-Bye Baby. This exercise uses gravity to coax movement into the pelvic region.

Rock-a-Bye Baby

1. Lie face-up on a large, sturdy table with knees bent and feet parked hip distance apart. Scoot yourself down toward your feet until your toes peek over the bottom edge of the table.

2. Lift your right foot and reach for the inner heel with the right hand. Holding the foot steady, open up the angle of the knee joint to 90 degrees and allow it to swing out away from the body. Bring the shin to a vertical position, perpendicular to floor and ceiling.

3. Slide your left foot off the edge of the table and allow the leg to dangle with the knee bent softly and foot hanging heavy. You may already feel a stretch deep in the front of the left hip — that's good.

4. Now pull the right heel straight down with the right hand, as if you'd like to bring the kneecap to the table. Notice the way the left knee lifts up as the right knee dips down. Create a plush rocking action in the hips by returning the heel to its starting position before pulling down again and again.

5. Repeat on the other side.

YUMEE CHUNG/TORSTAR NEWS SERVICE



HEALTH BRIEFS

Ottawa spent $2.2 million in legal fees for maternity, sickness benefits lawsuit

Newly released figures show the federal government has spent more than $2.2 million in legal fees fighting a class-action lawsuit over maternity and sickness benefits.

Most of that — $2.06 million — has been through the federal Justice Department with a further $176,377 estimated to have been spent at Employment and Social Development Canada. The federal government waived solicitor-client privilege that would have prohibited the release of the figures.

The government is being sued for refusing to pay sickness benefits to women who became ill while on maternity leave.

Parliament decided in 2002 to allow those who were diagnosed with cancer, for instance, to access 15 extra weeks of EI payments on top of their year of maternity leave. The lawsuit alleges that didn't happen and some 60,000 women were denied such claims over a decade.

THE CANADIAN PRESS



The unfriending: Digital dumping can be messy

MODERN LOVE

Digital changing the way we hook up, and split up

Back in 2006 — just two years after Mark Zuckerberg founded Facebook — Indiana University anthropologist Ilana Gershon recalls showing a clip from comedian Dave Chappelle in a class and noticing a student crying.

"Dave Chappelle does a lot of things," Gershon says. "But he doesn't make people cry." The student, she later learned, had just been dumped through a text message.

"He wrote to her, broke up with her, then refused to communicate with her through any other medium," Gershon recalls, who grew fascinated with this new relationship reality.

In her book, The Breakup 2.0: Disconnecting Over New Media, Gershon writes about interviewing dozens of undergrad students about dating and breakups in the digital age. When students told her their "breakup stories," many shared a common thread: A focus on whether someone was dumped through a text, email, phone call, Facebook message or in-person conversation. "This gives important information about how the person hearing this should be interpreting it," Gershon says.

In other words, "the medium is the message," as Canadian communication theorist Marshall McLuhan wrote back in 1964. Fast forward 40 years, and Gershon found modern daters have a keen understanding of each medium's meaning, with a large majority of students agreeing in-person is still the best way to tell someone it's over. But that doesn't mean people actually do it.

One Pew Research Center report found most young people aren't a fan of dumping-by-text, yet 27 per cent of teen daters have broken up with someone through a text message (and even more, at 31 per cent, have been on the receiving end.)

Far from uncommon, this is the new breakup landscape, and one that's often impersonal and bewildering. Even celebrities aren't immune. Take pop-star Katy Perry, whose 14-month marriage to comedian Russell Brand ended on her phone. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she told Vogue back in 2013.

Aside from being impersonal, B.C.-based registered clinical counsellor and master certified Gottman therapist Darren Wilk says texting can lead people to be downright cruel during a split — a trend he's noticed in his 15 years of working with couples.

"The texts I've seen from them," he says. "Just the swearing, and the names, and assassinating each other's character."

Even 10 years ago, things weren't that bad. "Now, whatever comes to people's minds, they just push send."

The Pew research found even fewer young people support breaking up through social media messages or a changed Facebook relationship status. Still, those get used too, with 6 per cent of teens reporting that they've broken up with someone through both those strategies.

One Canadian startup, dubbed The Breakup Shop, is capitalizing on society's eagerness to dump people digitally. Starting at $10, you can buy a breakup text, while $29 will get you a breakup phone call with a runtime of a minute or less. And for $80, you can buy the dumpee a "breakup gift pack," complete with Chips Ahoy! rainbow cookies, a Netflix gift card, two red wine glasses, a handcrafted sympathy letter, and either a copy of The Notebook on Blu-ray or the video game Call of Duty: Ghosts. Since launching in early November, the company says it has performed around 160 breakups, and plans to launch an app in the spring to deliver even more breakups "without the hassle."



ILLUSTRATION/TORSTAR

But anyone who's been dumped knows modern breakups are a hassle, filled with both physical and digital clutter. Matt Shumate, author of self-help book From Broken Up to Bro 2.0, recommends a complete online detox from an ex to speed up the healing process. "Don't unfriend them from Facebook necessarily," he said in an email. "But certainly unfollow and make sure that they won't be popping up into your social feeds." (It's something Facebook has been paying attention to, launching new tools late last year so people see less of their old flames without blocking or deleting them.) For some, those measures don't go far enough, and healing after a breakup might mean staying off social media altogether, Shumate told me.

The post-split social media purge makes sense. The entire dating landscape has changed in the digital age. People are dating longer, providing ample opportunities to meet new partners and, inevitably, split up with most of them. In the 1960s and '70s, the average age for a first marriage was just over 25 for men and 22 for women, but by the late 2000s, the average age for both was around 30.

Now we're haunted by past flames on Facebook, dumped over text, ghosted by lovers who disappear despite having a world of communication tools at their fingertips. However you do it, a post-split detox doesn't change the messy reality: Breakups today are a minefield of impersonal communication methods and lingering digital memories, including many that are impossible to erase.

But it's worth keeping in mind that splitting up is a natural — and time-honoured — part of dating. "Some relationships are about saying goodbye," says Wilk. "And that's fine."

TORSTAR NEWS SERVICE

DIGITAL

Breaking up is hard to do — but do it right

Modern daters have a plethora of options for dumping their significant other. But amid all that choice, experts say there are some etiquette tips worth keeping in mind to soften the blow.

Do it face-to-face

Texting or changing your relationship status might be easy, but they're not the best ways to end a relationship. "I think any of these more modern ways that avoid the human decency of face-to-face interaction, to break off something that was allegedly a meaningful relationship, only serve to hurt feelings," says breakup researcher Gary Lewandowski Jr., chair of the psychology department at Monmouth University. The bottom line? Do it in-person.

Do have a conversation

Without a proper back-and-forth, it's hard to move on — and that applies to both people, says breakup expert Matt Shumate. "Saying things out loud will let you have that feeling of 'getting everything off your chest' and being able to move on and feel that you've done right by your former partner," he explains.

Don't show off on social media

Once you're single, it might be tempting to post photos of nights out on the town with a new date. But that can sting. "When it comes to social media, don't use it as a way to get back at your ex," says Shumate. "Understand that they're probably looking through your feed and what you post could be pretty damaging for them."

Sorry. I'm just not feeling it.

Issues, not apps the focus at SXSW

TECHNOLOGY

Talks of digital privacy, robots eclipsed new launches at fest

Big-picture issues and futuristic ideas — rather than the usual hot app or startup launch — have taken the spotlight at this year's South by Southwest Interactive tech jamboree in Austin, Texas.

President Barack Obama's opening keynote on Friday referenced the current fight between Apple and the FBI and set an issue-driven tone for the conference. And a daylong online harassment summit put the spotlight on the troubling topic of online harassment. Meanwhile, panels focused on futuristic ideas such as robots for the elderly and supersonic public transportation.

Here's a look at the buzziest trends so far at the festival's tech-focused conference, which runs through Tuesday.



Kerry Washington spoke at a South by Southwest event on how social media has impacted traditional media's representation of diversity and beauty. Hers was just one of many issues-based events. THE ASSOCIATED PRESS

Big issues

It's an election year, and hotly debated issues dominated discussions. Obama, the first U.S. president to headline a SXSW event, said he was strongly committed to encryption but said authorities must be able to access data held on electronic devices to fight crime and extremist violence. He didn't specifically comment on the FBI's case against Apple, however. A federal court has ordered Apple to help the FBI break into a phone used by one of the San Bernardino killers. Apple has appealed the ruling and says the government plan puts the privacy of all users at risk.

Futuristic ideas

Rodney Brooks, creator of Roomba and CEO of Rethink Robots, argued that robots aren't as dangerous as people think they are. At one point, he reached into his pocket and pulled out a coin — then noted that no robot is currently capable of doing the same.

Still, the robotics pioneer thinks robots will be essential for elder care, helping with daily tasks, acting as companions and driving people around. In similar respects such as manufacturing, he argued, robots won't displace jobs, they'll do the work no one wants to do.

Tech and music

As always, tech and music intermingled during the festival. When the indie-rock band Great Caesar played at a popular local bar, it was no ordinary SXSW show. Its sponsor, Doppler, was testing ear buds designed to augment live music. Via an app, ear bud wearers could adjust the bass they could hear, for example, or create an echo effect. They could also choose pre-mixed filters that mimic the sound effects of different places, such as a small studio or Carnegie Hall.

"I like having some kind of control over what I'm listening to," said Marshall Heinz, a law student in Austin who tried out the device. "I make music, so to interact with people who are way better musicians than me is pretty cool." THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

A lesson in race on your TV show

THE SHOWS: Black-ish, Season 2, Episode 1 (ABC/City); and American Crime Story: The People v. O.J. Simpson, Season 1, Episode 5 (FX)
THE MOMENT: The N-word



Black-ish has been more black and less 'ish' this season, writes Johanna Schneller. CONTRIBUTED

Adorable moppet Jack (Miles Brown) rapped the N word during a school concert. His school wants to expel him. His father Dre (Anthony Anderson) defends him to the (mostly white) board.

"You people are trying to eliminate a word from my son's vocabulary because you think it's ugly," Dre says.

"Isn't it?" asks a white administrator.

"From you, it would be," Dre replies. "The white man either wants nobody to say it because he can't, or everybody to say it because he wants to."

Black-ish has been more black and less ish this season, and is stronger for it. In Episode 16, for example, the family reacts to police brutality against African-Americans. In this episode, people utter the N word 10 times in 22 minutes.

The same debate recently popped up on The People vs. OJ Simpson: Two black lawyers argue whether the word should be allowed in court. Christopher Darden (Stirling K. Brown) says it's hurtful to black people; Johnnie Cochran (Courtney B. Vance) says black people can and have handled much worse.

These shows, along with the just-concluded series American Crime (in which a black high-school basketball captain is implicated in the rape of a white teammate), examine issues of race and class from multiple angles. They harken back to the 1970s, when Norman Lear's sitcoms All in the Family and Maude routinely delivered civics lessons to a broad audience.

Though TV is more niche now, it's still our most powerful medium for delivering a message. These series aren't afraid to use it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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metro SPORTS

Defenceman P.K. Subban will sit out at least two more games with a neck injury, Montreal Canadiens coach Michel Therrien said

Sanchez dreaming big with Super Bowl champs

NFL

QB will have huge shoes to fill to take over starter's spot

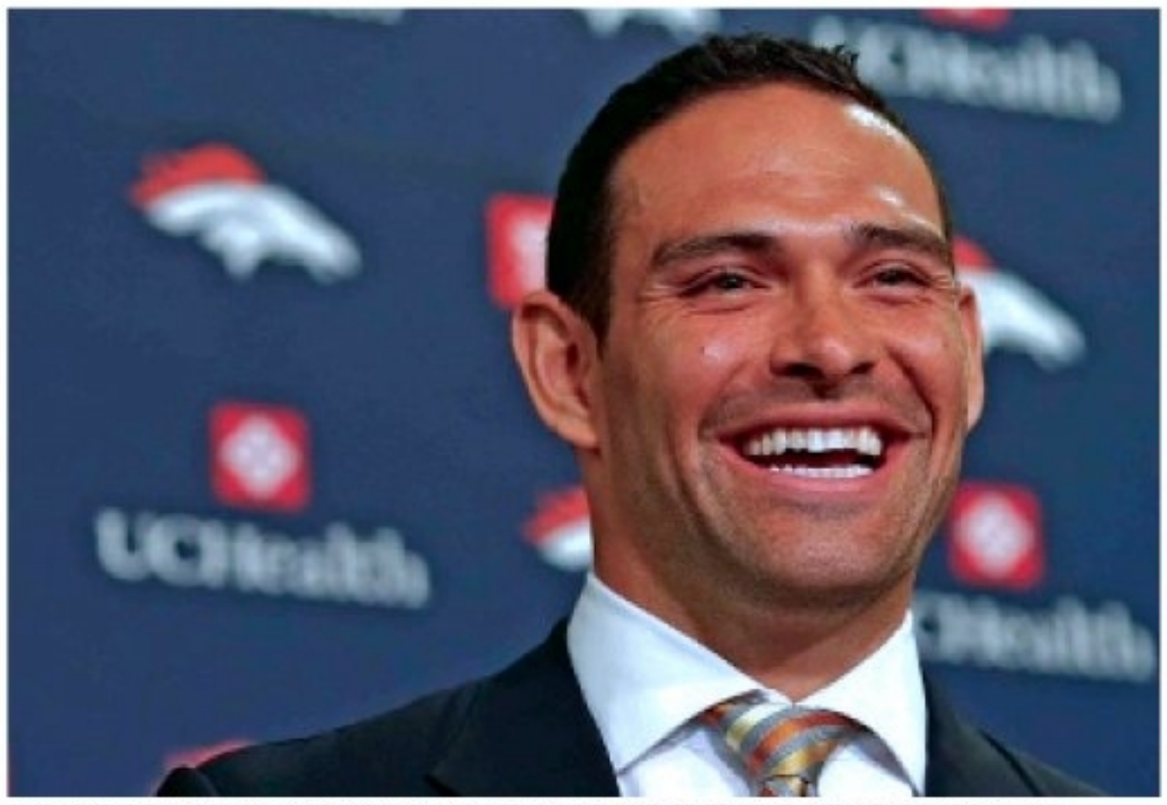
Mark Sanchez is thankful for a fresh start in Denver — emphasis on start.

Sanchez said Monday that general manager John Elway told him to come in and compete for the No. 1 job with the Broncos, "and what a reinvigorating feeling this is."

"This isn't an opportunity I'm going to squander," the 29-year-old veteran said Monday during his introductory news conference at the team's suburban headquarters.

The Broncos acquired Sanchez from the Philadelphia Eagles last week for a conditional 2017 draft pick after the Super Bowl champions lost Peyton Manning to retirement and Brock Osweiler to free agency.

Sanchez, due $4.5 million in the final year of his contract in 2016, said the trade caught him off-guard, but as it sunk in, he quickly realized how fortunate he was.



Mark Sanchez speaks at his introductory news conference on Monday in Englewood, Colo.
DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Sanchez said he's the perfect player to follow Manning after replacing another QB icon, Brett Favre, in New York his rookie season. What he learned from that experience, he said, was that playing in the shadows of a superstar doesn't have to be suffocating.

"You don't try to be Peyton Manning," Sanchez said. "Obviously we'll let No. 18 sit on the shelf there for a while. We'll let somebody else take that number. That's just rarified air. I'm so impressed with what he's done and would love to learn as much as I can from him and the guys who have been with him. But you know you've got to be yourself and work as hard as you can, be the best version of yourself and give everything I've got to the team."

And he's eager to make his own, well, mark.

"I wasn't a part of anything last year, so I'm not hanging on any coattails that way. I'm eager to win. And I've seen a lot in this league," Sanchez said. "I'm not married. I don't have a girlfriend. I don't have kids. I just want to play ball and I want to win. I really want to win.

"And I'm so lucky to be in a spot like this. So, you know, every waking moment, that's all I'm thinking about is what an opportunity this is, that I want to win and I want to play here."

Sanchez spent his first five NFL seasons with the Jets, helping them to the AFC championship game in his first two years by winning playoff games on the road against teams led by Manning, Tom Brady, Carson Palmer and Philip Rivers. But the fifth overall pick in the 2009 NFL draft out of Southern California eventually lost his job in New York and spent the last two seasons as a backup in Philadelphia.

THE ASSOCIATED PRESS

Every waking moment, that's all I'm thinking about is what an opportunity this is.
New Broncos QB Mark Sanchez

PIVOT DEPTH

The only other quarterback on the Broncos roster right now is Trevor Siemian, who took just one snap as a rookie last year, a kneel-down against Pittsburgh. John Elway will likely draft another quarterback next month and could very well add another veteran either through free agency or another trade.

RIO 2016

Fencer takes on Donald

When fencer Ibtihaj Muhammad goes to the Rio Games this summer she will make history as the first U.S. Olympian to compete wearing a hijab.

But as she blazes a path on the world stage, she is worried about her security — at home. She fears it is being compromised by presidential hopeful Donald Trump, who has called for a temporary ban on Muslims entering the U.S.

"When you incite hateful speech and rhetoric like that, the people who say it never think about the repercussions and how that affects Muslims," Muhammad said in a recent Time magazine article. "Specifically Muslim women who wear their religion every single day. So then you start to think, am I going to be safe?"

The 30-year-old has qualified to compete in sabre fencing at the Olympics in August.

"I still have faith in the greater America that we will not vote someone as ignorant as Donald Trump into office," Muhammad told Time. "As a country, we are collectively more intelligent than that."

Muhammad was born in Maplewood, N.J., and grew up as the middle child of five.

Her mother, Inayah Muhammad, a schoolteacher, encouraged all her kids to be competitive, even if it meant altering every uniform.

At 13, Muhammad started fencing in high school and her mother realized there was at least one sport where her outfit wouldn't require modification.

"As a Muslim female, the sport was uniquely accommodating," Muhammad said in her USA Fencing bio. "My religion requires that my body be fully covered and fencing did just that."

TORSTAR NEWS SERVICE



Ibtihaj Muhammad GETTY IMAGES

PREMIER LEAGUE

Foxes' frantic title push topples Toon

Shinji Okazaki's overhead kick gave leader Leicester a 1-0 victory over Newcastle on Monday, a goal as spectacular as his team's improbable Premier League title challenge.

As Leicester restored its five-point lead at the summit over Tottenham, former Real Madrid and Liverpool coach Rafa Benitez made a losing start to his reign as Newcastle manager.



Newcastle is facing relegation, one point from safety, while Leicester is on track for a first-ever league title a year after being bottom of the standings before narrowly avoiding the drop.

THE ASSOCIATED PRESS

IN BRIEF

Blues' Tarasenko named 1st star after 6-point week

St. Louis Blues right-winger Vladimir Tarasenko, Florida Panthers centre Vincent Trocheck and New Jersey Devils goaltender Keith Kinkaid have been named the NHL's three stars of the week.

Tarasenko tied for the League lead with six points (three goals, three assists) in three games to power the Blues to a three wins and a share of first place in the Western Conference.

THE CANADIAN PRESS

GM MEETINGS

NHL to add more cameras for playoffs

The coach's challenge is getting good reviews from NHL general managers in its first year of use, but it's not exempt from a little tweaking.

Discussion of the coach's challenge headlined the first day of the NHL general managers meetings Monday, and support was strong amongst the 30 GMs, who see the added opportunity to get a goal call right as beneficial for the game.

The initiative allows coaches to use video review to dispute goals scored on potential offside or goalie-interference plays.

"I think everybody feels fairly comfortable with it," said Maple Leafs general manager Lou Lamoriello. "The whole objective is to get it right."

Still, the NHL will make one tweak for the playoffs, adding blue-line cameras to the arenas of the 16 post-season teams. The cameras are intended to further aid clubs in determining whether to challenge a goal on account of offsides. THE CANADIAN PRESS

RECIPE Fish Tacos with Glazed Sweet Potato



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada



A zesty burst of spices paired with a hit of maple roasted sweet potato make these simple fish tacos your Tuesday night dinner date.

Ready in
Prep time: 15 minutes
Total time: 40 minutes
Serves 4

Ingredients
- 4 to 6 mahi-mahi or halibut fillets
- 1 tsp ground cumin
- 1/2 tsp ground chili powder
- 1/2 tsp ground oregano
- 1/2 tsp garlic powder
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1 small sweet potato, diced into 1/2-inch cubes
- 2 tsp maple syrup
- Salt
- 1 tsp butter

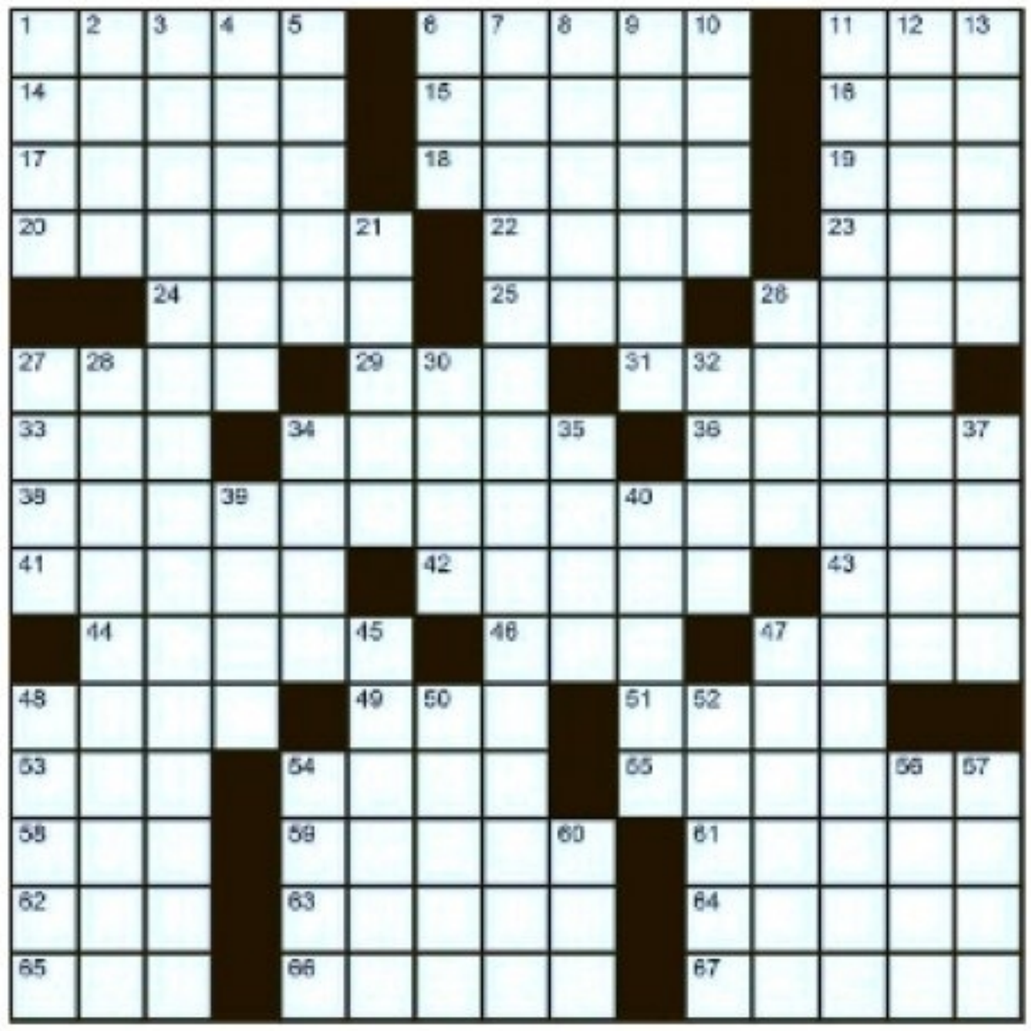
Suggested ingredients for serving:
- Corn or whole wheat tortillas
- Coleslaw
- Salsa
- Chopped fresh cilantro
- Sour cream
- Guacamole

Directions
1. Preheat oven to 425 F and grease a large baking sheet.
2. Combine the cumin, chili powder, oregano, garlic powder, cinnamon and salt in a small bowl and mix with a fork to combine. Sprinkle over fish and rub spice mix evenly across the fillets.
3. Place on prepared sheet and bake in the oven for 12 to 15 minutes, or until fish flakes with a fork. Place mahi-mahi on a platter and pull fillets apart with a fork.
4. Toss sweet potato with maple syrup and sprinkle with salt.
5. In a skillet over medium-low heat, add the butter and sauté the sweet potato for about 10 minutes, or until tender. Set aside.
6. Serve fish and sweet potato alongside other fixings.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Massivenesses
6. Eight member group
11. "You've Got Mail." co.
14. Glass-ceiling lobbies
15. Monte _ (Gambling destination)
16. Lingerie item
17. Layovers
18. Love, in Laval
19. Comfy retreat
20. Canadian music legend Tommy
22. Bread and rice and chocolate desserts, cute-style
23. Curious
24. Reggae star Peter
25. Dined
26. Ed of "Daniel Boone"
27. Baking recipe amt.
29. Kimono sash
31. Las Vegas _
33. Pilot's 'height', briefly
34. Wise saying
36. Rile
38. Smallpox, as brought to the New World: 2 wds.
41. Vichyssoise vegetables
42. Insincere smile
43. Collagen injection site
44. Painter's stylish hat
46. Irish carrier, _ Lingus
47. Takes steps
48. Lethbridge's li'l locale
49. Female lobster
51. Broadway star Linda
53. Donnybrook
54. Mediterranean cheese
55. Lively Baroque dances in France
58. Writer of The Raven
59. Harsh
61. Prefix to 'dyne' (Toothpaste brand)
62. Mr. Sullivan's of variety TV
63. Harmony
64. Desert greenery
65. Grocery shopper's reference of needed things, briefly
66. Shrek voicer Mike
67. "_ _ Majesty's Secret Service (1969)"

DOWN
1. Heavenly _ (Ice cream flavour)
2. "_ _, Brute?" - Caesar
3. CN Tower's location in Toronto: 3 wds.
4. _ _ Tailors (Canadian menswear chain)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV: 2 wds.
8. Speckled fish
9. Sidesteps
10. Crags
11. Exerciser's one-of-some on the way to a six pack: 2 wds.
12. Miner's discovery: 2 wds.
13. Brings in the airplane
21. _ Island (New England state)
26. "Rule, Britannia" composer
27. Weight unit in China
28. Aristocrats: 2 wds.
30. Lamb sounds
32. Undertaking
34. Church section
35. 'Little _' Bouvier Beale (Jackie Kennedy's cousin played by Drew Barrymore in HBO movie "Grey Gardens" in 2009)
37. Positive replies, in slang
39. Pod vegetable
40. Asymmetrical [abbr.]
45. Hypothesis
47. Sea between Greece and Turkey
48. Adrien _ (Skincare brand)
50. Chopin music piece
52. Music for Donna Summer
54. "3rd Rock _ the Sun"
56. Punta del _, Uruguay
57. Montreal 'evening'
60. Timecard abbreviations

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You need to confront something that both scares and excites you. Old fears and desires are likely to return today and you will have to fight an emotional battle you thought was over and done with. End it this time.

Taurus April 21 - May 21
Do whatever it takes to reach your goal. No sacrifice is too great. No effort is beyond you. But while you may have the power to transform yourself don't think you can transform others — you can't.

Gemini May 22 - June 21
Mercury, your ruler, at odds with Jupiter, means that someone powerful will try to bend you to their will today. Don't let it happen. Take a stand.

Cancer June 22 - July 23
Others may say that something cannot be done because it is too much for them but that does not mean it is too much for you. Reach out and embrace what is new and exciting.

Leo July 24 - Aug. 23
You're being pushed harder than ever before but that's good because you need to be tested. The closer you come to what you thought were your limits the more you will realize that you are capable of much more.

Virgo Aug. 24 - Sept. 23
You may want to discuss contentious topics but others are desperate to avoid them. Take the hint and don't push too hard. If you force the issue the results may not be to your liking.

Libra Sept. 24 - Oct. 23
Try not to twist yourself in knots over things you cannot control. What is fated to be will be, whether you worry about it or not, so put all negativity behind you once and for all.

Scorpio Oct. 24 - Nov. 22
You may believe you know what's best but that does not give you the right to impose your solutions on others. Speak truth as you see it and let others make their own choices.

Sagittarius Nov. 23 - Dec. 21
You may not have the qualifications or the experience that your rivals possess but you do have the ability to adapt quickly. The more fixed others are in their ways the more likely it is you will win.

Capricorn Dec. 22 - Jan. 20
While others are complaining that life is unfair you will be quietly going about your business in a state of calm and careful determination. Today's events will work in your favour.

Aquarius Jan. 21 - Feb. 19
Listen to advice today, even if it comes from people whose opinions you don't always agree with. If they say you are wasting your time on a project that is close to your heart they may be right. Don't hold on to what is no longer useful to you.

Pisces Feb. 20 - March 20
It is better to back down than to risk making enemies of people who have more power than you. It's not cowardly, it's common sense.

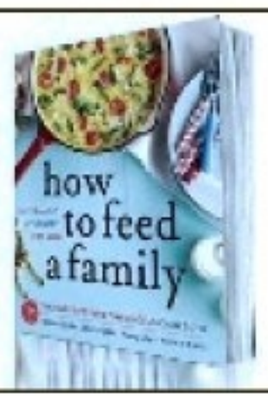
CONCEPTIS SUDOKU by Dave Green

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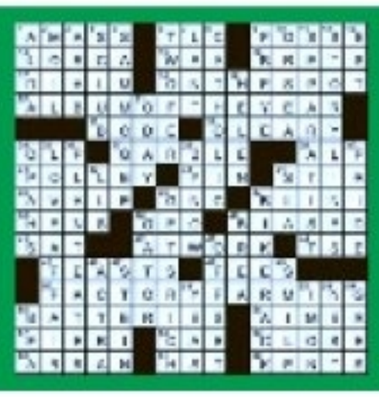
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5	9	8	4	7	1	2	3	6
3	1	2	5	9	6	7	4	8
4	5	1	3	6	2	8	9	7
8	6	9	7	1	4	3	2	5
2	3	7	8	5	9	4	6	1
1	8	3	6	2	7	9	5	4
7	2	6	9	4	5	1	8	3
9	4	5	1	8	3	6	7	2



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